



# Friday Facts

May 20, 2022

## Drinks, Snacks, and Outings

Wondering what to drink on the Mediterranean diet? Water should be the first thing you reach for. Coffee and tea are also fine, as long as you watch the added cream or sugar. Limit intake of sugar-sweetened drinks, like soda, fruit juice, or sweet tea. One glass of red wine is also permitted in this diet. Take that or leave it depending on your situation.

Between meals? There are plenty of healthy snacks that fit into the Mediterranean diet.

- Greek yogurt with honey and berries
- a piece of fruit
- baby carrots with hummus
- a handful of nuts
- mixed berries
- grapes
- hard-boiled egg with salt and pepper
- apple slices with almond butter
- sliced bell peppers with guacamole
- cottage cheese with fresh fruit
- chia pudding

Going out to eat? Try seafood or fish as your main dish, and add vegetables as a side. Ask if your food can be cooked in extra virgin olive oil. If you have bread, choose whole grain with olive oil instead of butter.

Never starve yourself or skip meals. Food is fuel, yes, but it is also meant to be enjoyed. Find the right balance for you. Questions

when it comes to healthy eating? Think about some professional coaching with MaryAnne Erickson. She'll work with you on your goals and help set you up for success. Just call the 24/7 Call Center to ask for an authorization.



**The Friday Facts are for informational purposes only. It does not diagnose problems or recommend specific treatment, and it's not a substitute for your doctor's care.**

This information provided to you by your EAP provider, REALiving®. For more information go to: [EAP.REALiving.com](http://EAP.REALiving.com)

**REALiving**®  
Helping You Be Your BEST.